The State Hornet

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The voice of Sacramento State University since 1949

CSUS offers chance to lead in ASI

By Jonathan Ayestas
@jonayestas

With elections for student government at Sacramento State approaching, time is running out to decide if a leadership experience at a college level is of interest.

The deadline to submit a letter of intent to run for a director position for Associated Students Inc. is March 13, along with a $50 deposit fee. Candidate workshops will be held until March 12 for those interested in campaigning for ASI.

Logan Rivera, director of Engineering and Computer Science for ASI, got the position last spring after the previous director resigned. He said in a video interview that workshops are mandatory to attend before submitting applications.

"What I would recommend for anyone who's looking to run is you want to go on the ASI website and you can go under the board of directors and elections," Rivera said in the video interview. "Under the elections tab, it'll have instructions on the steps you need to take. First, you have to do that workshop, which basically just informs you of the election process, because ASI takes their elections very seriously."

Legal documents also have to be signed before submission. Then screening based on a minimum 2.5 GPA requirement will decide if applicants are eligible.

Rivera said being in ASI gave him the opportunity to serve as a student representative on a board to find a new dean for the College of Engineering and Computer Science.

"The current dean, Lorenzo Smith, he is actually one of the applicants that I was able to interview along with other various staff and faculty from the engineering department and even the math department," said Rivera.

A-Team coordinator for Service Events Madison Hall said being in ASI is an opportunity to speak on behalf of the college to address the needs of the campus.

"If you were to run for one of those, it's an opportunity to represent your college at the college level," said Hall. "The board of directors makes legislation and lobbies the CSU system. So if there are things that you feel need to change on campus, or change within

ASI, A4

Clara Cordeiro - State Hornet

Parking costs students big

Sac State rated 10th highest in CSU for price of parking permits, offers more space compared to similar schools

By Sierra Postler
@sdp88

Every semester, students, faculty and staff must pay $165 to park on campus. For a student attending Sacramento State for four years, parking would cost $1,320.

Sac State student Miriam Gonzalez has spent $660 on four parking permits the past two years to park on campus.

"I think parking permits cost too much money," said Gonzalez. "It makes me kind of mad because I pay so much and I still end up parking really far away [from classrooms] because there's no parking."

Tony Lucas, senior director of University Transportation and Parking, said the parking fee was approved in 2008 to fund parking structure III and maintain debt obligations.

"The money also goes toward maintenance of parking lots, parking structures and transportation," said Lucas.

Lucas also said there has been discussions to build a new parking structure on the north end of campus in Lot 1 as part of the Sac State Master Plan.

Although Lucas is not sure when university officials plan to begin building the new parking lot, studies being conducted by the university will shed light on how much parking permits will have to cost in order to make construction possible.

"One of the things students want to know is 'how much are we paying and how bad are we as a CSU?'" Lucas said.

Of the 23 CSU campuses, Sac State has the 10th highest price for parking permits. In comparison to schools with similar head counts, Sac State offers more spaces per head than any other big campus.

"Overall, we have 13,000 parking spaces available. It takes money to maintain them, to pave them, to paint them, to repair them," said Lucas. "If you look at the cost to maintain the space, the number of spaces

Parking Permits, A4

WOMEN'S BASKETBALL TAKES SECOND SEED

Jessica Mangili - The State Hornet

Freshman Maranne Johnson attempts to steal the ball from a Northern Arizona University player on Saturday, March 7, 2015 at the Hornets Nest. The women clinched the No. 2 seed in the Big Sky Conference Tournament with a win over NAU.

Team moves to help students in crisis

By Sierra Postler
@sdp88

Going to college can be a challenging transition for students.

They leave their home, family, friends and support system to move to a new place, where they live with complete strangers and have their eating, sleeping and exercise habits disrupted because they are working under intense academic pressure.

It can be a stressful atmosphere for the most positive of people, but for those who struggle with depression or have other mental health issues, it can be a fight to keep a positive mindset.

According to the American College Health Association, suicide is the second most common cause of death among college students.

Students with depression are the most at risk for considering, planning and carrying out suicide or other acts of violence.

After the Virginia Tech shootings in 2007, the federal government recommended that colleges and universities throughout the country establish a behavioral threat-assessment and intervention unit.

These kinds of issues led to Sacramento State's Crisis Intervention Team, a resource for students to contact if they have questions or concerns about someone who could potentially be self-harming.

Katelyn Sandoval, case manager and coordinator of the Crisis Intervention Team, said the campus had some form of a crisis team since 1996.

Before November of last year when she was hired, the team was known as the Crisis Consultation Team.

"It's a new version of something that's been on campus," said Sandoval.

Sandoval stated that the primary function of the CIT is to help students facing mental health dilemmas but she is there for any kind of emergency.

This can include students who are facing possible homelessness or who can not afford groceries.

"I work with students in a crisis of any kind, it's a good resource to have one central location to call," said Sandoval.

Junior Nate Waschuck has heard of the Crisis Intervention Team but said he would not know where to go or who to call if he needed to contact them.

"It definitely rings a bell but I can't imagine I'd ever need to talk to them," said Waschuck. "Even if I did I wouldn't know where to go."

Crisis Center, A4

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TAKE NOTE

Candidate packets to run for an ASI position are due this Friday
For more information go to
www.asi.csus.edu/

ONLINE

READ ABOUT THE GO BOULD'ER GO HOME COMPETITION

WWW. STATEHORNET. COM

Former astronaut inspires students at CSUS

Son of migrant family speaks about his aspirations since childhood of going to space

By Andres De Leon
@DeLeonAndres

ERICA PEREZ - THE SERNA CENTER

Former NASA astronaut José Hernández lectures at Sacramento State about his experiences being a migrant farmworker on Monday, March 2, 2015.

Former NASA astronaut José Hernández spoke to Sacramento State students, faculty and community members about his journey from being a migrant farmworker to U.S. astronaut.

"I am pleased and very excited to see so many students today, to see staff and community members as well in today's lecture," said Viridiana Diaz, director of the College Assistant Migrant Program.

Born and raised in French Camp, California by a migrant farm-working family from Mexico, Hernández, at the age of 7 years old, worked seven days a week in the fields picking strawberries, cucumbers, cherries and tomatoes during the summer.

Migrating back and forth to and from Mexico, Hernandez did not fully learn English until he was 12 years old.

His dream of reaching for the stars and becoming an astronaut started in 1972 during a televised launch of the Apollo 17 mission to the moon.

"I remember the reporter Walter Cronkite narrating the moon walk, and then I would go outside and I would see the moon," said Hernandez. "[I would] watch and hear Walter Cronkite narrating the moon walk, watch and hear the astronaut James Irwin talk to mission control Houston, and I said 'wow, this is what I want to be, I want to be an astronaut.'"

With dedication and a dream, Hernandez worked his way through college and was selected as part of the 19th class of U.S. astronauts in 2004.

Five years later on August 28, 2009, Hernandez blasted into space as the assigned flight engineer on the STS-128 space shuttle Discovery mission for a 14-day mission.

His journey has inspired many people, specifically Latinos relating to Hernandez's childhood.

"I am a first generation student, and I am the oldest of six and I came here four years ago, and I feel a relationship with José because, well I still struggle with the English [language]," said Rafael Ceja, first year civil engineering major at Sac State. "I still struggle with the classes I need to take, and he is there and I see him and I say, 'oh I can be him.'"

Mathematics professor Teresa Perez encouraged many of her students to go and hear Hernández speak.

"I know he is inspiring a lot of my students that are in my classes," said Perez. "A lot of my students, maybe they don't want to be an astronaut, but maybe they want to be an engineer, so I always use José Hernández as an inspiration to share with my students, that even if they fail an exam, they can do it. He failed. He applied for NASA 11 times, but he never gave up."

Hernández had much to say during his visit to Sac State, but what he really wanted students to take away from his lecture was to know the importance of education.

"The more education, the better you are going to be in life," said Hernández. "The studies are very, very straightforward that any type of education, the more education you get the better the potential for earning through out your life. Don't question the fact that you are here. You are here because you need to be here and if you are starting a job, you need to finish it."

Hernández is the CEO of his engineering consultation company, Tierra Luna Engineering, and is focused on getting his five kids into college.

He is also keeping his options open for a political career in the future.

> **"[I would] watch and hear Walter Cronkite narrating the moon walk, watch and hear the astronaut James Irwin talk to mission control Houston, and I said 'wow this is what I want to be, I want to be an astronaut.'"**
>
> —José Hernández
> Former NASA Astronaut

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Provost pushes Sac State towards success

Frederika Harmsen prepares students entering the workforce, promotes graduation rates

By Christine Kittle
@KittleChristine

Emily Holmes - State Hornet

Provost Frederika Harmsen speaks about students involved in international affairs on Friday, March 6, 2015 in Sacramento Hall. Harmsen has helped create an initiative at Sac State to raise the percentage of students traveling abroad.

Being the provost can be one of the most difficult jobs at a university. Even so, Sacramento State Provost Frederika Harmsen is happy to have her job.

"I really enjoy the position here because I get to meet a very diverse group of very talented individuals, and each and everyday I get to meet different people: students, faculty, staff community," Harmsen said. "And so I get to engage with them and so it is very exciting to me."

Before coming to Sac State, Harmsen served 29 years in the California State University system, acting as dean of the College of Natural Sciences at CSU Chico; associate dean of the College of Science and Mathematics and the chair of Earth and Environmental Sciences at CSU Fresno.

Although only having been at Sac State since last February, Harmsen has begun many new initiatives, one being hiring more new tenure-track professors.

"Because during the economic downturn we lost a lot of our tenure, tenure-track faculty and had to hire more part time lecturers," said Harmsen. "So within this two- year period this year and incoming next year we will have close to 90 new faculty."

The new faculty will hopefully help students succeed beyond the classroom.

"Beyond content knowledge, if you ask employers what they want, they want students that have excellent communication skills, students that can make evidence based decisions- the critical thinking piece- they want students who can problem solve, so all of those things beyond content knowledge are the skill set that employers are looking for," Harmsen said.

To bring real life experience to students and prepare them for the workforce, Harmsen has pushed for more internships, scholarships and international networking by encouraging Sac State to become a more globally-oriented campus. To help bring international networking to Sac State, the university is creating a new program called the Center for International Programs and Global Engagement.

Currently, the center is under construction in the library, and will be open sometime later this year.

"We want to be more internationally involved, to have our students have more of an international experience," said Harmsen. "Only 87 of our students had international experience last year, out of almost 30,000."

Harmsen is also focused on graduation rates. Sac State's rates for transfer students are high, but fall with students who entered into the university system their freshmen year.

"Where we still face challenges is with our freshmen incoming cohorts. Our four-year graduation rate with them hovers round 9 percent and our six-year around 44 percent," Harmsen said. "We're doing a lot better with our freshmen but where we start to see dropouts is at the end of the sophomore year, which is the transition from general ed to the major, so that is what we are going to focus on next."

Ryan Allain, vice president of Academic Affairs for ASI, worked with Harmsen through ASI and the Faculty Senate, and said Harmsen pushes for transfer students and incoming freshman to set their sights on graduation.

"She really does want to push students to be more successful," said Allain. "She gives blunt answers that everyone appreciates. If there is something that she doesn't agree with she gives a complete explanation on why something cannot happen or why she doesn't agree with it, she doesn't just dismiss people."

Provost is arguably one of the most difficult positions at Sac State, sitting only below the university president.

Mike Lee, chief financial officer and vice president of finance at Sac State, agrees with Allain that Harmsen lives up to the responsibility.

"Her ability to work with people, her ability to have a vision for academic problems and also to talk to people and bring people on her side make her very good at her job," Lee said.

Provost Harmsen is also a person with diverse interests outside of her job. She was in a rock and blues band, Cool Reflection, where she performed lead vocals and played the keyboard while serving as dean at Chico State.

Although her rockstar days are over, Harmsen still likes to have an active lifestyle outside of Sac State when her limited time allows her to.

"I like to kayak; scuba diving, and skiing, acting and cycling," said Harmsen. "But this is like a seven-days-a-week job so it is difficult to have activities outside of the job right now."

Harmsen hopes to continue broadening Sac State's international presence, and push students toward successful careers, bringing them back to the university community as inspirational Hornets alumni.

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Safe Rides means no excuse to booze and cruise

Since 2011, 62 percent of fatal car crashes involved drunk drivers between 21 and 34 years old.

This number from the National Highway Traffic Safety Administration easily encompasses the majority of Sacramento State students.

Safe Rides, a free service for Sac State faculty, staff and students, gives safe and confidential rides home to those who cannot drive themselves; giving no one with an official Sac State identification a reason to ever get behind the wheel of a car after drinking too much.

Over the last four years, Safe Rides has had over 6,000 volunteers receive more than 8,800 calls, and driven over 112,000 miles getting students and faculty home safe.

Incorporating a texting service last semester has made requesting a ride even easier, ensuring that even on busy nights, a driver will get back to perspective riders.

While drinking responsibly is a lot easier said than done, knowing there is a service- free of charge that all students and faculty can use- helps with the whole responsibility part quite a bit.

The benefits of the service are impressive, and with over 2,900 rides last semester alone, it is obvious the Associated Students, Inc. is trying to keep students and faculty from becoming a fatal statistic.

Passengers and drivers have also said they enjoy the company shared during the ride.

We encourage everyone to dial or text Safe Rides after drinking. It is no doubt the program will continue its legacy of saving lives one phone call and text message at a time.

ASI: student efforts result in bike lanes, water refill stations

Continued, A1

your college or even change on the CSU level, that's your opportunity to kind of voice those opinions."

Allie Boyd, program coordinator for Student Engagement and Outreach, reflected on some of the legislation passed from ASI.

Results of efforts from ASI to improve student life include the green bike lanes painted across the campus and a water refill station in the University Union. There is also current legislation to create a food pantry on campus.

"There's seven different areas in ASI and we're just one of them," Boyd said. "We focus more on student engagement and outreach, so we do work very closely with the government department, but we also facilitate community service and special events."

While the deadline to apply for a director position is March 13, students can involve themselves in an ASI-related position without running for the one of 14 director positions, such as serving on a joint council or taking part in a specific committee like the Alcohol Advisory Council, said Rivera in an email.

"ASI is a student run, non-profit organization," said Rivera. "This means that not only is a multi-million dollar organization being run by your fellow peers, but that all the money that we pay into ASI is used to directly benefit all of us year-after-year. So make sure you utilize all ASI has to offer."

DUE BY
March

12	13
—Last day to attend **mandatory** *candidate workshop.* *—It will be held in the Camellia Room in the Union from 12-1 p.m.*	*—Letter of Intent to Run for Office* *—Authorization for Academic Information Release* *—$50 Deposit per Election Code* *—Application for Candidacy*

Editorial Board

EDITOR IN CHIEF
Kayla Nick-Kearney
(916) 278-6584
nickkearneyk@gmail.com

CONTENT MANAGING EDITOR
Rachel Rosenbaum
rachelrosenbaumd@gmail.com

VISUALS MANAGING EDITOR
Clara Cordeiro
claracordeiro92@gmail.com

NEWS EDITOR
Kellie McCown
kelliemccown2004@gmail.com

NEWS EDITOR
Jonathan Ayestas
jonayestas@gmail.com

OPINION EDITOR
Kellie McCown
kelliemccown2004@gmail.com

SPORTS EDITOR
Patricia Carpenter
patriciacarpenter91@gmail.com

SPORTS EDITOR
Mike McGough
mykemcgo@gmail.com

CULTURE EDITOR
Anisca Miles
aniscamiles@gmail.com

PHOTO EDITOR
Sarah Hines
sarah.hines14@gmail.com

PHOTO EDITOR
Jessica Mangili
jmangili14@gmail.com

VIDEO EDITOR
Justien Matsueda
justienmatsueda@gmail.com

LEAD/CULTURE DESIGNER
Anthony Nathan
nathanjscc@gmail.com

NEWS DESIGNER
Aryn Fields
aryndior@yahoo.com

SPORTS DESIGNER
Eddie Roth
eddie.roth3@gmail.com

COPY EDITOR
Jacob Abbott
jake421abbott@gmail.com

COPY EDITOR
Rian Edington
rianedington@gmail.com

ADVERTISING MANAGER
Diane Kauffman
(916) 278-6583
statehornetads@yahoo.com

ADVERTISING DESIGNER
statehornetads@yahoo.com

PUBLIC RELATIONS DIRECTOR
Sarah Masterson
SarahMasterson93@comcast.net

FACULTY ADVISER
Timi Ross Poeppelman
(916) 214-7677
poeppelman@gmail.com

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GAME TEACHES STUDENTS TO WIN AT LIFE WITH FINANCIAL CHOICES

The University Union Redwood Room hosted an event loosely based on the board game "Life" in which students can choose a career with a starting salary. Students have the option of purchasing a new or used car, whether to rent a home or apartment with or without having roommates. Also available is a wheel containing either positive or negative results, such as winning a radio contest or getting into a car accident. Student would finish the game with a positive or negative account in their monthly income based on their decisions.

SARAH HINES - THE STATE HORNET

Oanh Pham disagrees with outcome of her fortune during "How to Win at Life" hosted by the Student Financial Services Center on Tuesday, March 3, 2015.

SARAH HINES - THE STATE HORNET

Arno Trester spins the wheel of fortune and fills out his sheet during "How to Win at Life," a financial exercise put on by the Student Financial Services Center on Tuesday, March 3, 2015.

Parking Permits: UTAPS believes cost to be low

Continued, A1

that we've got, the third largest number of spaces in the CSU and we've got the 10th highest rate, I think we're doing a pretty responsible job trying to keep the prices low. And we have built up enough of a reserve to be able to afford to build the next parking structure without having to raise parking fees."

Gonzalez is glad that in the time that she has been buying parking permits the price has not been increased by a larger amount because she said she would be in a position where she would still have to continue purchasing permits.

The price for the permits was originally set to only adjust 2 percent annually, depending on inflation.

"The university understood when it made the fee proposal that in order to be able to continue to fund maintenance and repair of the lots we got to put the 2 [percent] in there," said Lucas.

Lucas has been in charge of most of the bike lane and bike parking alterations on campus as well.

He hopes to continue with this initiative to get more students and staff to use the bike trail and public transportation to get to school.

Jose Rodriguez, who attends classes at Sac State, lives in the dorms and rides his bike everywhere.

"It's expensive to have a car on campus, biking is easier and besides, I live too far away to drive my car all the way here anyway," said Rodriguez.

Crisis Center: Participants offer resources

Continued, A1

The CIT is located within Student Affairs and alongside Sandoval, is comprised of professionals from the Sacramento State Police Department, Student Affairs and Human Resources who are available to anyone concerned about the health or safety of a fellow student or campus community member.

Katie Williams, a graduate student who has worked with Student Health and Counseling Services to create a more informed campus on the issue of mental health issues.

She said she knew that the counseling services were available to students but never heard of the CIT.

"It sounds like a good program but if I haven't heard of it, it's unlikely other students have either so I'd say they need to get their name out more," said Williams.

Sandoval wants to encourage everyone to not be afraid to reach out.

"I think if I were to say just one thing about CIT it's that Sac State is full of a lot of people that care -- people who are committed to supporting all the people in our campus community."

She encourages students to call or talk to her in person in Lassen 3008 at the Office of Vice President for Student Affairs.

Contact CIT at 278-6060 if you know someone who might require assistance or aid.

Men's tennis returns to league play
Story on B2

SPORTS

Big Sky Conference Basketball
Brackets on B4

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Losses on road put men in third

By Mike McGough
@mike_mcgough

Men's basketball at Sacramento State finished the Big Sky Conference season in third place after a pair of tough road losses on Thursday and Saturday. This ended the Hornets' hopes of earning the No. 1 seed and Big Sky Conference Tournament hosting privileges.

The men finished the regular season with an overall record of 19-10 and a conference mark of 13-5. Sac State's 2014-15 squad was the first in program history to post 13 league victories.

"We worked really hard this year and we always knew that we could have a season like we're having now," said senior guard Dylan Garrity. "And we just wanted to prove everybody wrong and just make it happen."

With Sac State needing just one win in either Thursday's contest at Southern Utah University or Saturday's at Northern Arizona University to clinch first place in the league, the Hornets finished the 2014-15 regular season as the No. 3 seed as they found themselves on the losing end of the tight games.

The Hornets lost to Southern Utah by a final of 69-65 despite 19 points from senior guard Mikh McKinney and 16 from junior guard Cody Demps. The squad was held scoreless for the game's final two minutes and 38 seconds.

Sac State could not seal the deal on Saturday either. Despite earning a 28-18 advantage midway through the first half and taking a six-point lead into halftime, the NAU Lumberjacks fought back, holding the Hornets to a 2:46 scoring drought to end the contest and winning 70-68 on a layup by Kris Yanku with less than four seconds to play.

Sac State coach Brian Katz pointed out that both games came down to the wire.

"They were both two very hard-fought games, typical Big Sky fistfights," Katz said. "And it always comes down to about one or two plays."

MEN, PAGE B4

WOMEN EARN NO. 2 BIG SKY SEED

Jessica Mangili - The State Hornet

(Top left) Sophomore Hallie Gennett dribbles around senior Raven Anderson of Northern Arizona University before taking a shot. (Bottom left) Senior Fantasia Hilliard breaks down court towards the basketball after stealing the ball. (Right) Senior Takara Burse pushes past sophomore Taylor Leyva of Northern Arizona University on her way toward the net during senior night on Saturday, March 7, 2015 in the Hornets Nest.

Hornets gain traction with pair of wins to end strong regular season

By Jessica Plasencia
@7_plasencia

Sacramento State women's basketball showed a hunger and passion to succeed in the historic and record-breaking 2014-15 campaign.

The women ended the regular season with an overall 15-14 record, going 13-5 in the Big Sky Conference.

Their victories landed the women in the No. 2 seed for the Big Sky Conference Tournament. The last time the women were second in the league was in 2009-10; however, this is the first time the Hornets earned the No. 2 seed. In 2009-10, the program ended in a three-way tie with the University of Montana and Idaho State, with all three going 10-6 in the Big Sky.

"We learned a lot, we've grown a lot, we've been through a lot," said Sac State women's basketball coach Bunky Harkleroad, reflecting on the season.

Montana (14-4, Big Sky) will be the host of the tournament once again after clinching the regular season conference title on Saturday, Feb. 28.

Senior Takara Burse, who will be going to the tournament for the fourth time playing with Sac State, has confidence the team can make it to the end this season.

"We are more spunky and we have all the pieces to complete our puzzle to win the tournament," Burse said.

The senior spoke on their preparation for the tournament.

"We've just been taking it one game at a time," Burse said. "Honestly, we don't look over any team because any team is capable of winning and beating each other. We just take it one game at a time, one day at a time."

The Hornets won the last four games of the season and managed to break several records in their final few home games at the Hornets Nest.

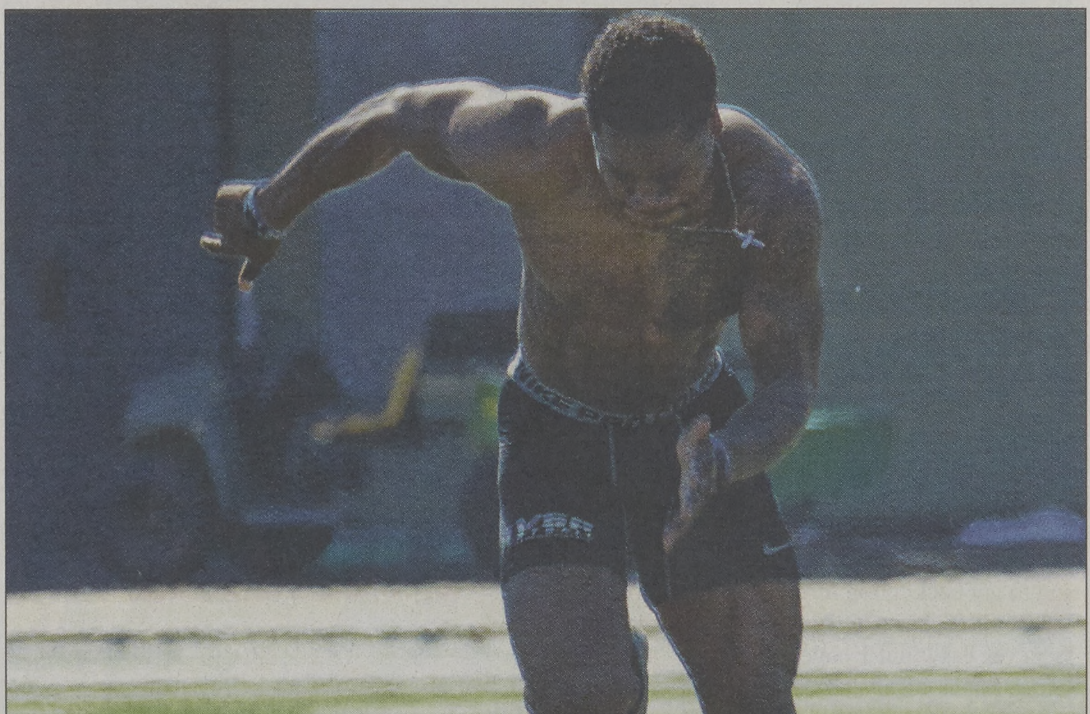
"I am really proud of our players with the brutal preconference schedule we had, it obviously helped us out," Harkleroad said. "I am happy and thankful for this bunch."

During their match against Portland State on Feb. 28, the Hornets won the home game with a whopping 46-point lead. The final score of the game was an astonishing 123 points for the Hornets and 77 points for Portland State.

The women established new record highs with the victory. They surpassed the season record for points per game, which was 108 points, set Jan. 24 against the Weber State Wildcats. The Hornets also broke the previous Big Sky Conference record of 111 points; a feat they

WOMEN, PAGE B4

DeAndre Carter impresses scouts during Sac State football's pro day



Jessica Mangili - The State Hornet

Former Sacramento State Hornets' wide receiver DeAndre Carter sprints down field during the 40-yard dash drill at football's pro day on Friday, March 5, 2015 at Hornet Stadium.

By Jeremiah Martinez
@j_martinez559

Draft-eligible Hornets showcased their skills in front of NFL scouts when Sacramento State football hosted its pro day Friday at Hornet Stadium.

A total of nine Hornets took part in the event including wide receiver DeAndre Carter, quarterback Garrett Safron and defensive end Jaycee Totty. All three players also hired agents during the offseason.

NFL team scouts for the San Francisco 49ers, Oakland Raiders, Arizona Cardinals, Tampa Bay Buccaneers and Minnesota Vikings were in attendance. The San Jose SaberCats from the Arena Football League also had scouts present.

The player who drew the scouts' attention was Carter.

"DeAndre ran and jumped well," said a scout for the Vikings, who did not disclose his identity in order to retain confidentiality. "The thing that impressed me the most about him last season was his competitiveness, so to see him run as well as he did was a bonus."

Carter's pro day performance included a 40-yard dash of 4.4 seconds; a short shuttle of 4.03; a 60-yard shuttle of 11.40, a three-cone of 6.65; a vertical leap of 38.5 inches; a broad jump of 10 feet, six inches; and 17 reps in the bench press of 225 pounds.

"Overall, [it] was a good experience," Carter said. "It's good to see all the work I put in the last couple of months pay off."

Carter measured at 5 feet 8.5 inches and 185.5 pounds before he started the drills.

He said the time he spent at St. Vincent Sports Performance in Indianapolis helped him prepare for the event.

"They did a fantastic job of getting me ready for my pro day today," he said. "I think my numbers show it and I'm very happy that I made the decision to get out to St. Vincent."

Carter received recognition from scouts in January during the NFLPA Collegiate Bowl with an impressive week at practice. He didn't play much due to an injury early in the game.

In 2014, he earned a lone unanimous All-Big Sky Conference first-team selection and was named a finalist for the Walter Payton Award, an honor that is awarded to the most outstanding offensive player in the Football Championship Subdivision. In his senior season, Carter led all receivers in the FCS with 17 touchdowns, and led the team with 99 receptions and 1321 receiving yards.

His former teammate Safron said the event was a good experience and he didn't let the pressure get to him.

"I think today, I proved to them that I'm athletic enough to play at the next level," Safron said. "My arm strength and my accuracy could compare to some of those top quarterbacks who are in my draft class."

Safron's performance included a 40-yard dash time of 4.7; a short shuttle of 4.32; a three-cone of 6.93; a vertical leap of 36.5 inches; and a broad jump of 10 feet, nine inches. He did not participate in the bench press or 60-yard shuttle.

PRO DAY, PAGE B2

Recruiting puts focus on fielding, pitching

By Jordan Waterman
@jwatermancsus

Sheldon Kohatsu - The State Hornet

Sacramento State's infielder Scotty Burcham applies the tag on No. 18 UC Santa Barbara's Peter Maris by way of a throw from right fielder Nathan Lukes on Friday, March 6, 2015 at John Smith Field. The Hornets held the Gauchos to only two runs in their three-game series home opener.

The Hornets baseball team has experienced the greatest amount of team success in school history as a result of coach Reggie Christiansen's strong recruiting and his newly-created culture of winning.

Christiansen has Sacramento State's record improving each season, going from 19 wins his first season in 2011 to last year's 40 wins, including a Western Athletic Conference Championship and the team's first appearance at the NCAA Division I tournament.

“Reggie's big selling point to me was, 'Do you want to do something that has never been done in school history?',” said junior pitcher Tyler Nichols, recalling Christiansen's words when he was initially recruited by Sac State in 2010.

Christiansen has the baseball program on the right path for long-term success, and with his contract extended to 2019, he will have multiple years to continue to recruit players who fit his defensive mentality.

“Last year's team played defense at a high level and that's why we won 40 games,” Christiansen said. "Pitching and defense; I think that is how you win games, win conference tournaments, win regionals.”

Sac State's success will again rely on strong pitching and defense to carry them through WAC play, with Christiansen's expectations for new recruits to play strong defense.

“We have to make sure their guys fit into our style of play,” said Christiansen, referring to potential recruits. “It's hard to play for us if you can't play defense. We put such a premium on playing defense.”

As Christiansen continues developing the program, players like Brennan Leitao and Nichols who were in the first two recruiting classes have been able to experience the program's rise in success firsthand.

“My freshman year here we were in last place,” Nichols said. “We had a pretty rocky road. The way he turned it around is exceptional, it's awesome.”

Nichols had narrowed down his decision to play college ball for either Long Beach State University or Sac State, and ultimately it was a trust in Christiansen to develop a program that brought him to John Smith Field. From his freshman year to now, Nichols has shown an enormous amount of improvement, with his ERA dropping from 8.44 his freshman year to his ERA of 1.40 this season.

“He [Christiansen] changed the culture of the program believing that we can win, believing that we can compete,” Nichols said.

Although the team has incredibly high expectations for themselves- with their ultimate goal being to make it back to regionals- the players have not lost sight of what the game is all about as Christiansen reminds his team to love the game they play.

“Play with heart, play like we love the game,” said Nathan Lukes, junior right fielder, elaborating on what Christiansen expects from his players. “Have fun just like when we were in little league and there wasn't a care in the world. I think that's what he wants most from us.”

Lukes' love for the game shines with his consistent high intensity of play, and he knew from the beginning he wanted to go to a program where he would have the opportunity to earn playing time. As Lukes was working through deciding where to play, the decision became easy following a few conversations with Christiansen.

“He doesn't recruit people who he doesn't see playing.” Lukes said. “That kind of got me going a little bit, got me excited.”

Acquiring well-rounded student-athletes has been great for the team's chemistry, which plays a huge factor over a 56-game season.

“The quality of the guys has changed a lot,” Nichols said. “We have good players, but we have good people too. He expects a lot out of all of us.”

The players Christiansen recruits are not only skilled ball players, but great in the classroom, and according to him, the 2015 freshman recruits' average GPA is above 3.6.

Austin Root, a first-year pitcher from Oak Ridge High School, falls into that category. Root had the opportunity to play for Christiansen over the summer on a team Christiansen had put together.

“They ran it like they run their program here,” said Root, referring to the summer team. “You kind of got a feel for how they coach. It was a lot of fun, a good learning experience.”

Christiansen will continue to look for his style of players and get them onto campus, which he describes as “a huge selling point.”

Any program's success comes from the players on the field and the coaches who develop these young athletes. Christiansen has recruited a talented and competitive group of student-athletes who will look to continue the growth of Sac State's emerging program.

Tennis unfazed by tough opponents

By Aaron Asmus
@asmusshsports

Sacramento State men's tennis isn't fazed by a tough non-conference schedule and fully expects to make a run for the Big Sky championship as league matches have begun.

The Hornets had to play the No. 72 nationally ranked UC Davis and the No. 39 nationally ranked Stanford on Feb. 14 and Feb. 17, respectively. Despite only scoring one match point total between both matches, the team felt confident in their preparation to compete with the tougher teams.

“Whether we play a ranked team or not, we want to put our best performance on the court,” said senior captain Tom Miller. “We take every match as it comes.”

Sac State began its conference schedule with a 4-3 win against the tough Weber State, who Sac State lost to last season in the semifinal of the Big Sky Conference Tournament. It took two determined comebacks from junior Sean Kolar- who was down 5-1 in his final set- and a freshman in the first home match of his career, Christopher Clayton- who was down 2-4 in his final set, for the Hornets to win.

“It didn't look good for a while,” Miller said. “It's exciting to see players step up and perform.”

The Hornets have not been able to avoid the injury bug that plagued them during the 2014 season, with senior co-captain Marek Marksoo and Niranjan Ram currently out of the lineup for the Hornets. Both players were constants in the lineup and them being out has given other players like sophomore Ayman Abdulwahab and Clayton an opportunity to step up and show what they can do.

One player who has stepped up his game in the absence of Marksoo and Ram is senior Roy Brandys. Brandys is coming off a Big Sky Men's Tennis Player of the Week award for his performance against Weber State on Feb. 27. Brandys went 2-0 in the match as he won his doubles set with Miller 7-6 (7-4) and made quick work of his opponent as the No. 2 singles player in straight sets, 6-1, 6-3.

“It's the first I've gotten since I've been here," Brandys said. "I'm feeling better every match."

The team does not want to use those injuries as an excuse to lower expectations for competing for a conference championship.

“We're getting better,” Abdulwahab said. “Everyone is stepping it up and doing their part.”

Abdulwahab and Clayton are two of the players who will need to play well for the Hornets to continue to have a chance at competing for a conference championship. Abdulwahab, in his second season, said he feels much more comfortable with the mental aspect of the game and more familiar with the intricacies of the opponents Sac State plays.

“I'm definitely more experienced with the opponents,” Abdulwahab said. “I'm mentally more solid and more mature this season.”

Abdulwahab lost his match against Weber State, 2-6, 4-6, but was able to secure a 6-7 (3-7), 6-5 win over University of Pacific.

Many of the Hornets who are healthy have been dealing with lingering injuries. Miller, Abdulwahab and Kolar are all trying to get back to top form.

“Coming back from injury is never easy, but I have better expectations of myself,” Miller said.

Regardless of the setbacks the team has experienced so far this season, they still feel they are on track for a conference championship once they get deeper into the schedule.

“We're nothing but ready to face conference,” Miller said. “We're looking for a good run to end April and clean up championship weekend.”

Sheldon Kohatsu - The State Hornet

Senior Roy Brandys serves the ball to the opposing court during doubles on Sunday, March 8, 2015 at Rio Del Oro Racquet Club against Southern Utah University. Brandys and Sean Kolar went on to win their match.

Pro day: Former Hornets show consistency throughout drills; Safron adjusts to new offense

Continued, B1

He measured at 6 feet 0.75 inches, with a weight of 200 pounds.

After the drills, Safron demonstrated his throwing abilities by completing passes to Carter and receiver Joey DePalma.

His quarterback coach, Rudy Carpenter, said Safron performed excellently at the pro day.

“I thought he tested well, I thought he ran well and jumped well,” Carpenter said. “When he came out and threw, I think he showed off his arm strength, did some good things with his footwork, but most importantly he showed he could play from under center, which is something he hasn't really done here at Sacramento State.”

> **“DeAndre ran and jumped well... The thing that impressed me the most about him last season was his competitiveness, so to see him run as well as he did was a bonus.”**
>
> -Anonymous
> Minnesota Vikings scout

Safron primarily played in a spread offense during his time as a Hornet, and adjusting to a pro-style offense was something that he worked on during the offseason. As a senior, he shattered Sac State career passing records, including yards (9713), touchdowns (86), and completions (833).

Totty was evaluated as both a defensive end and outside linebacker. He had a great performance, showing his athletic ability and impressive movement to the scouts with a 40-yard dash time of 4.78. He also had 29 reps on the bench press.

His performance included a short shuttle time of 4.46, a three-cone of 6.79, a vertical leap of 30 inches and a broad jump of 10 feet. After measuring at 6 feet, 1.75 inches, Totty weighed in at 255 pounds.

Totty's best season with the Hornets came during his senior year, when he led the team with 6.5 sacks.

Hornets' coach Jody Sears said the performance of the players was consistent.

“Overall, I thought they showed up,” Sears said. “It was good for the program and good for the seniors.”

Other Sac State athletes who participated in the event included DePalma, defensive lineman Nate Castro and defensive back Mike Sellers.

Former Hornets who completed their eligibility in 2013 also participated in the event, including running back Ezekiel Graham, defensive back Dijon Washington and punter Justin Weldon.

Two players from Humboldt State took part as well.

Injuries hamper gymnastics team's season

By Karah Butac
@karah_shsports

Sarah Hines - The State Hornet

Senior Kalliah McCartney, performs a split jump during her beam routine against the causeway rival UC Davis on Friday, Jan. 23, 2015. McCartney tied for third with a score of 9.775. McCartney is out for the remainder of the season with a left foot fracture and underwent surgery on Friday, Feb. 13, 2015.

Sacramento State's gymnastics team has three top gymnasts out for the season due to injuries.

Senior all-around competitor Kalliah McCartney is out for the season with a left foot fracture. She underwent surgery on Feb. 13 placing a pin in her foot to help heal the fracture. McCartney was granted a medical redshirt, which allows her to compete again next season.

Last season McCartney became the first Sac State gymnast to qualify for NCAA Division I Championships and finished ninth in the semifinal.

McCartney says her recovery has been slow and can't put weight on her foot yet, but she is working on her upper body strength and plans to start fully training again in about a month.

"I can't really do too much," McCartney said. "I have been using a scooter around campus to get to class and around home and then crutching around the gym, I can't do any weight-bearing stuff on my left foot. It's been a little rough at first, [because] I'm watching everyone else practice and I can't really do too much on my feet but hopping around, and then in the gym I have been able to [do] some upper body conditioning and do some ab workouts and lots of handstand walking."

Sophomore all-around Jesse Williams is out for the season with a torn ligament in her ankle, and she had surgery on March 6.

She ranks second all-time in school history with a season average on vault of 9.811.

Williams sprained her ankle in the beginning of January and has been going through physical therapy. After she was cleared to practice, she re-sprained it and found out she tore the deltoid ligament in her ankle. The recovery time is about five months.

This injury has been tough on her, but she's staying positive and hoping for the best.

"It's always rough being hurt because you don't get to train like you should be," Williams said. "And this one is especially frustrating because I was coming back after spraining it the first time and I had just started doing full routines on beam and bars, and then I re-sprained it again so that took me out of the running for season. I am pretty much a pro at coming back from an injury so it's frustrating, but I am not too stressed about it."

Freshman Annie Juarez, who competes on vault and floor, is also out for the remainder of the season with a right foot stress fracture. To prevent the fracture from getting worse she has been ordered to stay off of her foot.

For the next two weeks, Juarez has to be on crutches, and then the following three weeks she will be in a boot.

Juarez is looking to the future and plans to begin training in six weeks for next season.

"I try to focus on the bigger picture," Juarez said. "The team needs my support right now so I try to not think about it too much. Obviously I am really disappointed with how everything turned out."

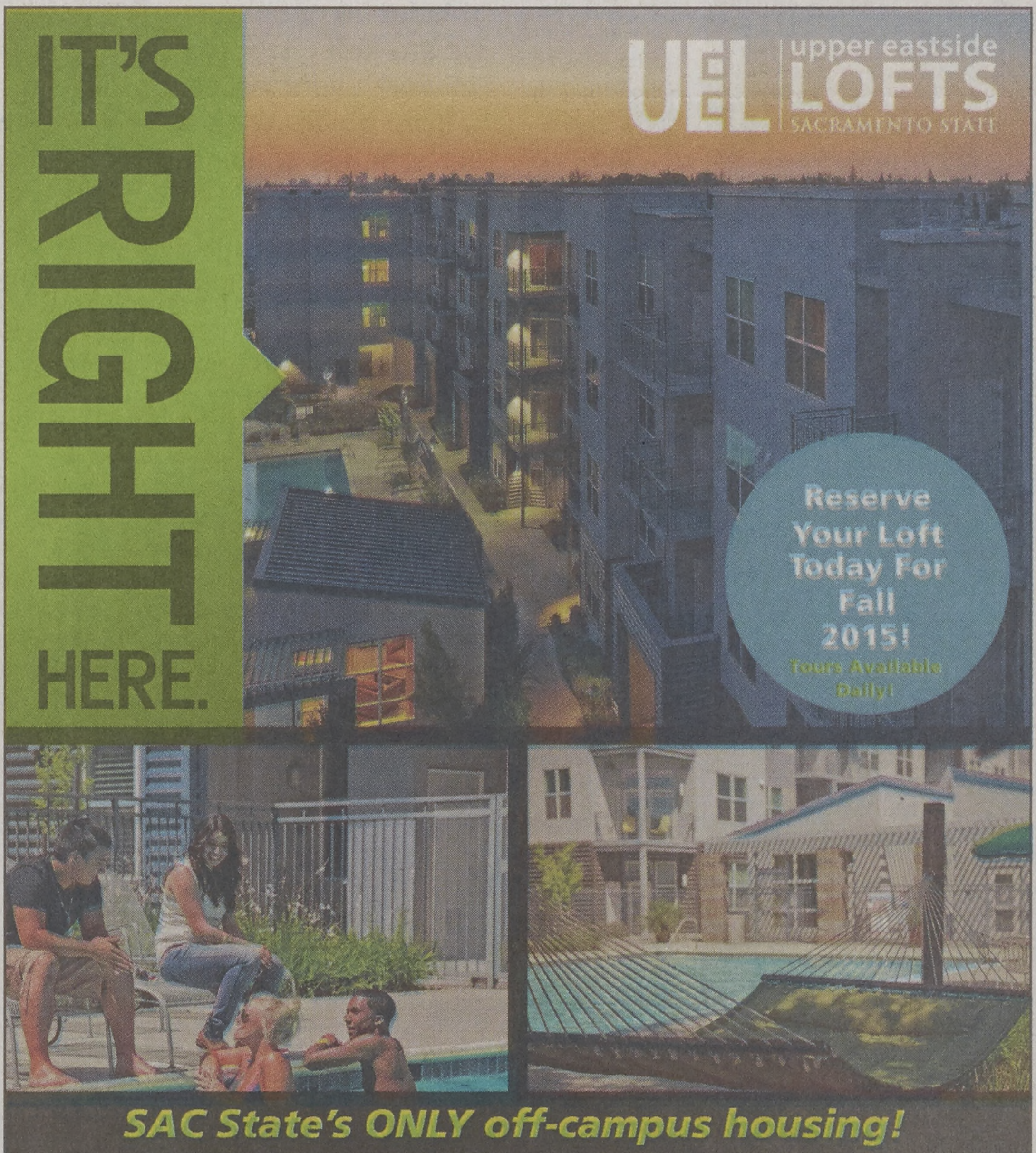
With Sac State's top gymnasts out for the remainder of the season, the rest of the team has worked hard and stepped up to fill in their spots.

"We've had quite a few injuries that we weren't expecting, but then with those setbacks everyone has done a really good job of doing their 'job,'" Williams said. "Sometimes teams really struggle when they don't have some of their athletes that they would normally count on, but we [have] done a really good job of stepping up and training super hard. There's never a day in the gym where people are doing nothing."

Although this season is not going as planned, the Hornets have found a way to do well and enjoy the season. Their average team score is 193.767, and they are averaging 48.441 on every event.

"They are still keeping up their confidence and having fun out there, so I think they are doing the best that they can, and I think they are enjoying every second of it," McCartney said.

Sac State's next home meet will be at 2 p.m. on March 15 at the Hornets Nest.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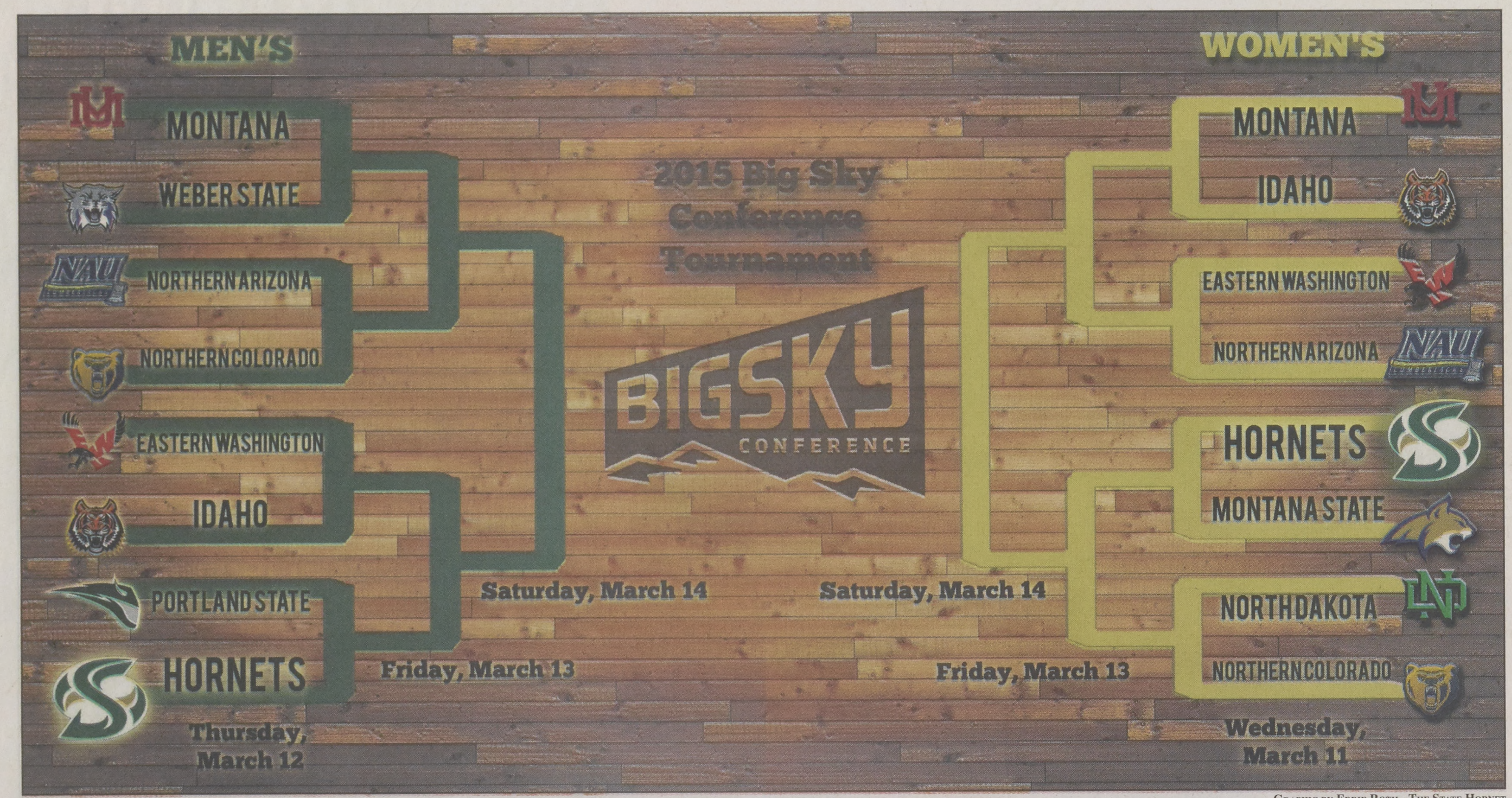

Graphic by Eddie Roth - The State Hornet

Men: Hornets set to face Portland State in Big Sky quarterfinal

Continued, B1

The win would have allowed them to host to the tournament from The WELL, which would have been transformed into a venue capable of seating about 2,800 spectators, according to Leslie Davis, the executive director of Union WELL, Inc., and Interim Athletic Director Bill Macriss.

Instead, the Hornets will not get their homecoming.

The University of Montana (14-4, Big Sky) and Eastern Washington University (14-4, Big Sky) leapfrogged Sac State in the conference standings with Saturday night road victories over Montana State and Weber State, respectively, to split the conference crown.

Montana owns hosting rights and the No. 1 seed in the tournament by virtue of a head-to-head tiebreaker over Eastern Washington.

Sac State will travel to Missoula, Montana, to face No. 6 seed Portland State in the quarterfinal round of the Big Sky tournament at 12:30 p.m. PST.

The three-day, eight-team bracket will be played Thursday through Saturday, with the tournament champion becoming eligible for a bid in the NCAA Division I Men's Basketball Tournament.

The Hornets went 2-0 against Portland State in the regular season.

"Portland State, they're always a talented group," Demps said. "They always have really skilled players. It'll be a tough defensive match-up, but as we've proven before, if we are able to play our game, Sac State basketball, we're able to beat almost anybody."

Sac State finished the home season 13-1 overall and 9-0 in Big Sky play at the Hornets Nest. In away games, the Hornets went 6-9 overall and 4-5 in league play. The team lost four of its last five road match-ups.

"Our goal was to win the conference," Demps said. "We weren't able to accomplish that, but we were still able to do a lot of good things. I think we broke a lot of records for our program, and it shows that we've continued to improve over the years."

Despite the Hornets' unhappy ending to the regular season, Sac State experienced several milestones and landmarks in the 2014-15 campaign. Senior guards McKinney and Garrity etched their names into the school record books with their efforts thus far.

As of Saturday's defeat, McKinney and Garrity have scored respective totals of 1,386 and 1,331 points for their Sac State careers—ranking fifth and sixth all-time in program history. Garrity also stands alone as the school's all-time leader in assists, having tallied 521 for his career.

Taylor Mahoney - AP Photo/Arizona Daily Sun

Junior guard Cody Demps scores against Northern Arizona during a NCAA college basketball game in Flagstaff, Ariz., on Saturday, March 7, 2015.

"They're just phenomenal," Katz said. "They're just really good players and just great leaders and great kids, and just a pleasure to be around every day. They bring so much to the table."

McKinney ranked second in the Big Sky with 19.0 points per game, second only to Tyler Harvey of Eastern Washington.

Rebounding may have been the biggest issue for the Hornets in the regular season. Sac State averaged just 8.6 offensive (11th in Big Sky) and 20.9 defensive (12th in Big Sky) rebounds per game.

"I would just say we got crushed on the boards against Northern Arizona, so that'll be an issue," Katz said.

In the team's pivotal loss to the Lumberjacks, the Hornets were outrebounded by a staggering 43-17 margin.

A season ago, the Hornets' 10-10 Big Sky record landed them in the quarterfinal round of the 2013-14 tournament hosted by Weber State in Ogden, Utah, where Sac State was eliminated after a 79-76 loss to University of North Dakota.

Women: Team thrives to bring high energy into postseason, seeks league championship

Continued, B1

set last year during a contest against the Wildcats.

Another record broken during the game against Portland State was the single-season Big Sky record for steals, which was previously 434. The Hornets currently have 489 steals this spring.

On March 5, the women went head-to-head against Southern Utah and beat the Thunderbirds with a final score of 107-73. Sac State showed great offense in the start of the game, scoring 50 percent of their 3-pointers and 51.1 percent of their field goals. The squad defended their lead almost the entire game, only letting SUU take the lead for 20 seconds at the start of the game.

> "We had to work to get this far so of course we are going to have to work even harder to keep going. We are expecting to win and take it home."
>
> -Maranne Johnson
> freshman guard

In their game on Saturday against Northern Arizona, the Hornets tied the single-season program record with 13 Big Sky wins and broke the program record for conference winning percentage (72.2 percent). The women achieved a new single-season record of most points with 2,514. Last year the Hornets set the previous high of 2,494.

By the end of the regular season, the women established high averages. On the offensive side, the women scored 86.7 points per game and made an average of 30.4 field goals per game. The Hornets averaged 16.3 assists and 20.3 offensive rebounds per game.

Defensively, the team averaged 19.5 defensive rebounds per game and 16.9 steals per game. The squad managed 1.7 blocks per game.

Overall, Sac State had a triumphant season and used every game this year as preparation for the Big Sky tournament.

The team said they will continue with their fast-paced style offense.

"We just have to play at a high level and play with more energy and see how far that can take us," Harkleroad said.

Sac State has yet to make it all the way to the championship round of the tournament. In 2014 the team made it to the quarterfinal, but were bounced out after their 86-78 loss against Southern Utah. The furthest the Hornets have gone is to the semifinal two years ago.

Freshman guard Maranne Johnson expressed her expectations for the eight-team tournament.

"It's not going to be easy, I know that," Johnson said. "We had to work to get this far so of course we are going to have to work even harder to keep going. We are expecting to win."

Sac State will be going up against the No. 7 seed Montana State at 10 a.m. PST Wednesday in the quarterfinal round of the Big Sky tournament. Both the men's and women's tournaments will be held in Missoula, Montana.

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What is adulthood anyway? Find out on page 3

Cover Art by Anthony Nathan - State Hornet

GRAPHIC BY ANTHONY NATHAN - STATE HORNET

Spring brings new biking opportunities

Bicyclists can find joy in multiple day rides across California

By Kellie McCown
@kelliemccown200

The clocks have sprung forward, giving us one more brilliant hour of sunlight filled with opportunities for adventure, friendship and bike rides. And if anything is better than one hour of cycling, it's a whole week.

Spring break is right around the corner and it's the perfect time to bring up bike touring.

Bike touring are self-contained bicycle rides that can last from one day to one week; even months. That means everything the rider would need during the prolonged ride- food, clothing, cooking equipment- is all carried on the bicycle.

Your entire life, all stuffed in a bicycle pannier.

Some may think it's extreme, even foolish, to take a road trip on a bicycle. Yet, bicycle touring is gaining popularity among experienced and novice cyclists and once someone has gotten the cycling fever, it's easy to transition into.

The Bay Area has more tours to choose from than almost any other region in California. An easy Amtrak ride to wine country, the Santa Cruz mountains or the rocky coast line, and anyone can find themselves at the destination of an adventure of a lifetime.

Guided trips can run somewhere between $800 to $1,000- way out of a college student's budget- but the Internet is full of trail maps for a self-guided adventure.

Like any camping road trip, preparation is key to bicycle touring. If you decide to take a new adventure make a list of things that you know you will absolutely need: Mostly extra tubes, allen wrenches and lube for your bike chain.

Next, make room for necessities like a toothbrush, snacks and extra clothing.

Don't think you can fit all of the things you would need for three days on your bicycle? You'd be surprised. But, if you don't think you can put it all together, or are worried about packing it all up at the start of a 20-mile day, try visiting a recreational retail store.

Recreational Equipment Inc. is probably the best bet for detailed information about how to pack for a touring experience and how to prepare for it physically.

The college experience is just as much about adventure and soul searching as it is about academics and professional development.

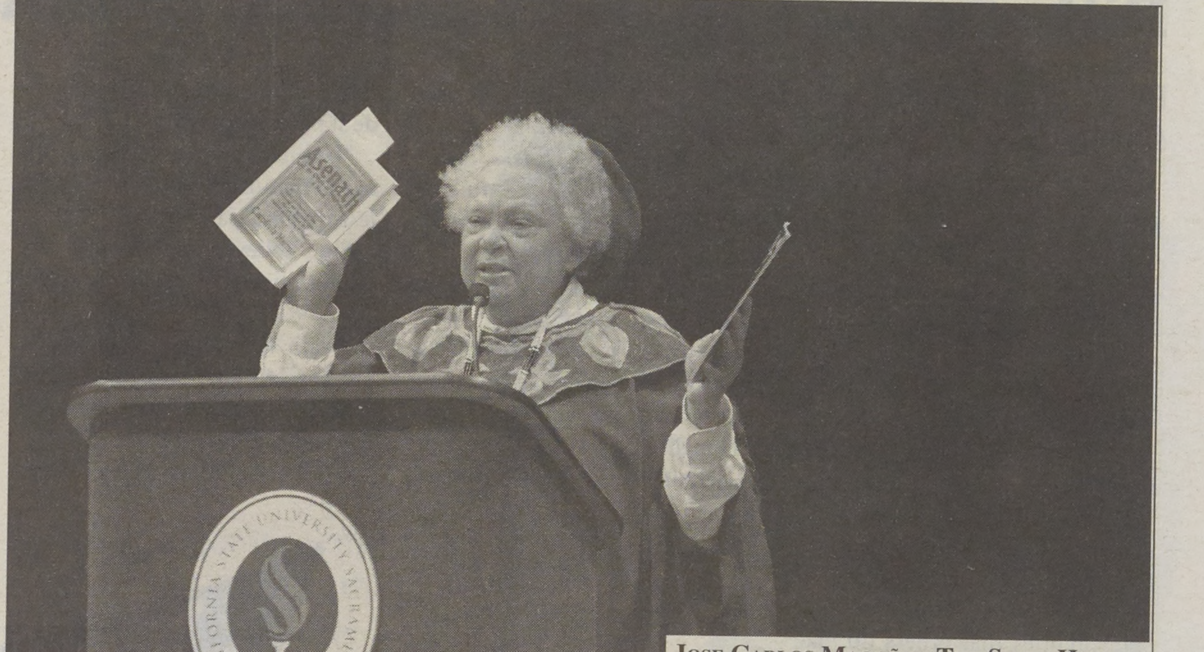
So, before you graduate, and get plunged into whatever world your future career takes you. Be risky, get on a bicycle and see the world from a different saddle.

Be adventurous, be seen and ride on.

"Life is like a ten-speed bicycle. Most of us have gears we never use."
- Charles M. Schulz

Controversial author shares memories

By Brandie Maguire
@brandieMMag



JOSE CARLOS MAGAÑA - THE STATE HORNET

Carolivia Herron, Harvard professor and author of the children's book "Nappy Hair", discusses her new book and current social injustices In the University Union at California State University, Sacramento on Thursday, March 5, 2015.

Carolivia Herron, Harvard professor and controversial author, gave a presentation on her new book and social issues at Sacramento State March 5. She is well known for her children's book "Nappy Hair," which was banned by two schools in New York.

"I looked at the news and there was my book flashed across the screen," said Herron. "I can remember gripping my heart. I had no idea what was going to happen."

The first indication she had that there would be a good outcome for her book was a message from the New York Times that said, "We're going to save your book."

Herron was teaching at Harvard when she developed the plan for "Nappy Hair." She said it was primarily written for graduate students at Harvard and secondly for everyone else.

Her main inspiration for the book came from her uncle, who said she had the gift of nappy hair when she was a little girl. She said "Nappy Hair" is half based on her own personal experiences and half made up.

During her presentation, she read sections from both "Nappy Hair" and her 2014 book "Asenath and the Origin of Nappy Hair." She also discussed memories of happy times with her family and how those events influenced her writing.

At one point, she engaged the audience to join her in singing an excerpt of a blues song.

She entertained questions and gave advice and insight to her opinions about how culture has changed.

She also talked about how when she was younger she didn't observe her life in terms of race or ethnicity but in terms of other qualities, such as the fact all people have the same color blood running through their veins.

"To me, white people are red. I didn't see skin, I saw blood," said Herron.

Herron mentioned another inspiration in addition to her family and experiences.

"I feel that my muse are all the people that died coming here [to America]," said Herron.

Foxie Brown is a former student of Herron during her time at Chico State and enjoyed the opportunity to hear Herron speak again.

"I think that it's so current," said Brown. "We're still having these discussions about culture and art. She's such a beautiful example of these intersections. She's still very urban, very connected to youth."

Brown also thought Herron was a good choice as a speaker to represent the values of Women's History Month.

"I think to have someone older for Women's History Month, that's just beautiful," said Brown, motioning to a table of children from Roberts Family Development Center who came to hear Herron speak.

Scarlette Charles is a preschool teacher who is currently taking a class in children's literature and has a strong interest in children's books.

"I was familiar with her book," said Charles. "My mom was in a black women's book club and they talked about it, the controversy. I think it's always good to hear from an author, no matter who they are."

Herron's lecture is one of several events Sacramento State is hosting for "Women's HerStory Month." The events celebrate strong women leaders who have made an impact in their communities.

"It's a time to reflect on the many positive contributions women have made," said Ajamu Lamumba, UNIQUE's program adviser.

Students learn how to handle finances after leaving college

By Nadine Tanjuakio
@nadinetanj

Sacramento State students were greeted by the Student Financial Services and career center staff in the Redwood Room on March 3 for the "How to Win at Life" event from 11 a.m. to 2 p.m.

Participants went around the room to get an estimate of how their expenses would be after graduating college.

After completing their rounds, they received a $5 campus dining gift card.

"I think students will get a realistic look at what their financial future is going to be," said financial representative and one card specialist Candace Ensley. "Some of them are walking out of here having no idea how much these things actually cost."

First, they needed to pick a career.

Volunteers suggested that even though students are in a certain major, they did not need to pick a career in that field.

After choosing a career, they found out how much money they needed to spend on taxes, social security and insurance.

After inputting the estimates on the worksheets, they were led to another station where they were shown a variety of transportation and housing options.

If students obtained loans, they found out their actual loan amounts by signing onto the National Student Loan Data System website.

Students found out their "needs and wants" totals by calculating the amount of money spent on food, clothing, gifts, pets, etc.

One station at the event was called Wheel of Fortune, where participants spun a wheel and had either a positive or negative financial incident.

Senior kinesiology major Emmanuel Ivory Ford played the game twice in hopes of winning the game his second time around.

"The wheel of fortune got me again," Ford said. "I had a family emergency this time, which put me under debt. It's just so much money."

The Student Financial Services office offers free private financial counseling through appointments in its office in Lassen Hall.

The Career Center on campus provides many resources such as teaching students how to gain internships, volunteer experience, part-time work or full-time work.

They also help conduct mock-interviews in addition to resume and cover letter building.

Career counselors help in directing students on how to successfully transition into their career field.

Students are encouraged to drop in during their office hours Monday-Friday from 10 a.m. to 4 p.m.

"We really encourage students to use campus resources at the career center," said career counselor David C. McVey. "Not only do we help identify dreams or careers, but we help to pursue them as well."

The next events held by the Career Center will be the "Educator Recruitment Expo" on April 22 from 10 a.m. to 2 p.m. in the University Ballroom.

"Internship Awareness Week" is April 27 through May 1 with the locations and times to be determined.

Adulthood classification is changing

Different people seem to reach adulthood at different ages

By Brandie Maguire
@brandieMMag

When people turn 18, they are legally classified as an adult. However, many college students do not feel like they are a full-fledged adult yet.

Laura Chavez, graphic design major, does not consider herself an adult, despite being 18 years old. Chavez lives at home with her family and commutes to Sacramento State for classes.

"Mentally, I don't feel like [I'm an adult] because I don't have responsibilities that others do, like paying bills," said Chavez.

Chavez thinks the age someone becomes an adult can vary, because everyone has different experiences in life.

"I think it depends on what type of responsibilities they have [or] what they've gone through," said Chavez.

Education could be one reason why young people are delaying getting full-time jobs and taking on the responsibilities of being an adult. Some students who attend college decide to focus on classes and live at home to save money.

A third of people ages 26 to 33 possess a four-year college degree, which makes millennials the best-educated group of young adults in American history, according to statistics from the Pew Research Center.

However, many students, because they are pursuing an education, are not always required to be responsible for themselves and still have parental financial support.

Adults are generally identified as people who pay their own bills, handle their own problems and manage their lives. Chavez thinks people reach adulthood in their late 20s.

"They reach a higher level of maturity and realize their responsibilities," said Chavez. "Also, they realize having fun [should happen] after you do what you need to do."

Sheng Lee, a business major, believes she is one of the students that is in between being an adult and being a kid.

"At 18, we're still in that high school stage," said Lee.

She thinks if someone still depends on their parents, they have not reached adulthood.

Donelle Swain is a graduate student in social work who agrees that adults are no longer dependent on their parents.

"I think they're reaching the age of maturity sooner, but they're less mature," said Swain.

She believes that people are adults when they reach the age of 18.

Swain feels that young people are sometimes more focused on themselves and do not view life through a bigger picture lens.

"They are more self-centered and consumer-minded more than being civic-minded," said Swain.

Swain also thinks that one of the reasons why kids struggle to become successful adults is because they have fewer examples of what it means to be an adult.

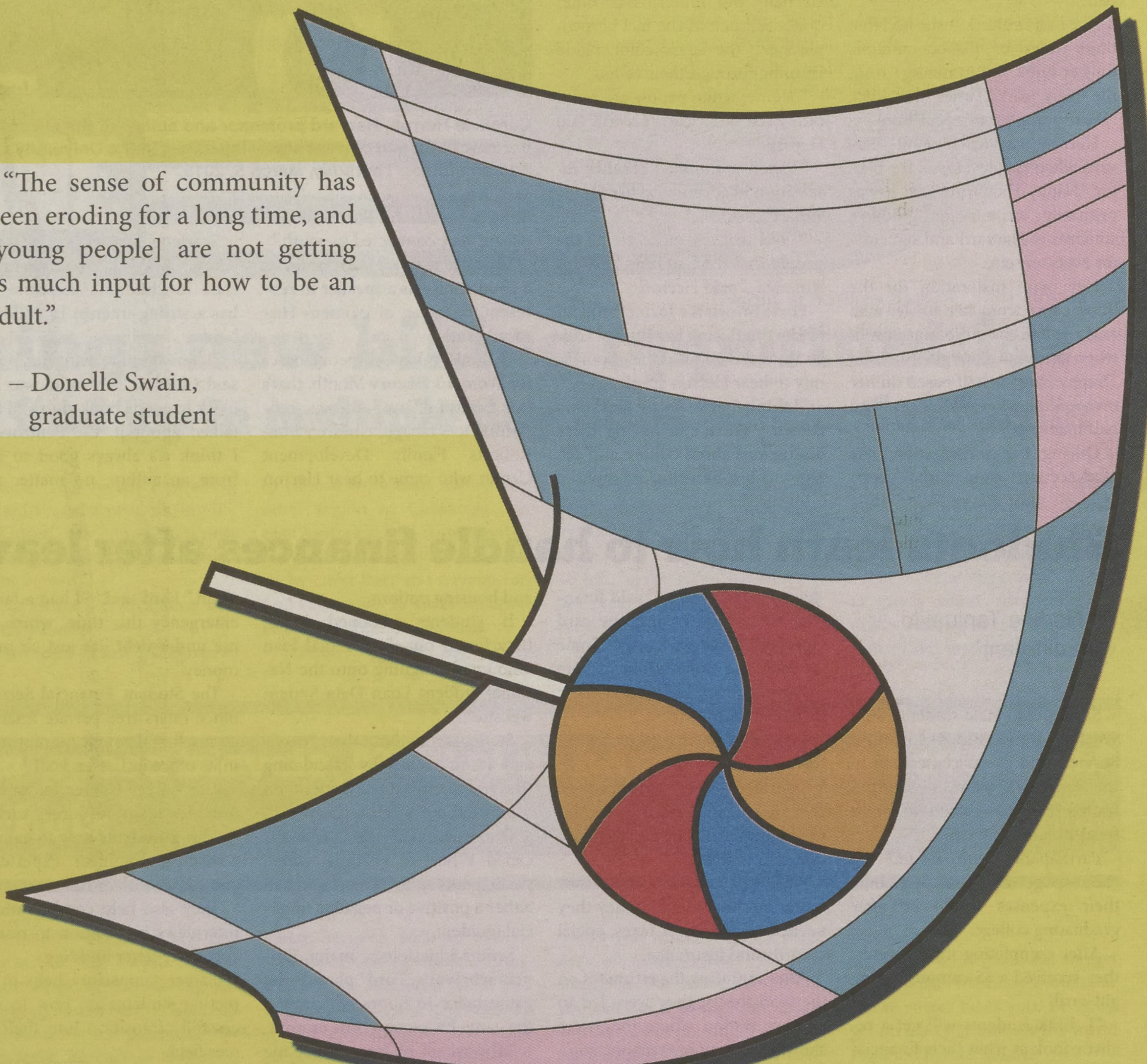
"The sense of community has been eroding for a long time, and [young people] are not getting as much input for how to be an adult," said Swain.

In less modern times, young people were taught early in their lives how to work, manage money and create the basis for a life. She mentioned the boy scouts as an ideal model for young boys to follow.

The boy scouts teaches a code of conduct with one of their main goals being to foster leadership qualities in young boys that will last them through their lives.

"Instead of boy scouts, they're playing video games," said Swain.

> "The sense of community has been eroding for a long time, and [young people] are not getting as much input for how to be an adult."
>
> – Donelle Swain,
> graduate student



Ethnicity often shapes world views for adults

By Pornmanus Saetae
@iicicles

California is considered the second most diverse state in America; a country once given the nickname, "the melting pot."

With such a rich history consisting of many different races and ethnicities, it is uncommon to meet someone who does not come from a different ethnic background than one's self.

"Being mixed, I'm used to being around different ethnicities," said Elena Monahann. "You don't belong to a category."

Monahann's mother is Korean while her father is Irish and French-Canadian.

"I wasn't taught Korean because my dad wanted my mom to assimilate to the American culture, so my mom and I speak English with each other," Monahann said.

Sacramento State is a melting pot itself. Websites such as collegeboard.com list the demographics of each race that attend the university.

However, race only helps a person understand what the outer appearance of another is, while ethnicity explains their culture and background.

"People confuse the way I look and assume that I'm Filipino," said Maria Zaragoza, a student whose parents are both Mexican. "I'm actually fluent in Spanish and would love to learn more about my culture one day."

Despite how much times have changed, certain stereotypes have remained fixed across time when it comes to race and ethnicity.

"People assume that white people don't get treated as bad and that stuff gets handed to you," said Ashley Lukas, a half Swedish, half Austrian sophomore. "You shouldn't make fun or make assumptions about anyone else's ethnicity."

The more diverse colleges become, the more curious students and professors become when it comes to different cultures. More ethnic study courses and language courses are being offered at universities across the country.

Students can learn about the history and the culture of a country their grandparents emigrated from or learn languages they have always dreamed of speaking.

"There's more diversity nowadays and people are more curious about what you are and where you're from," said Monahann.

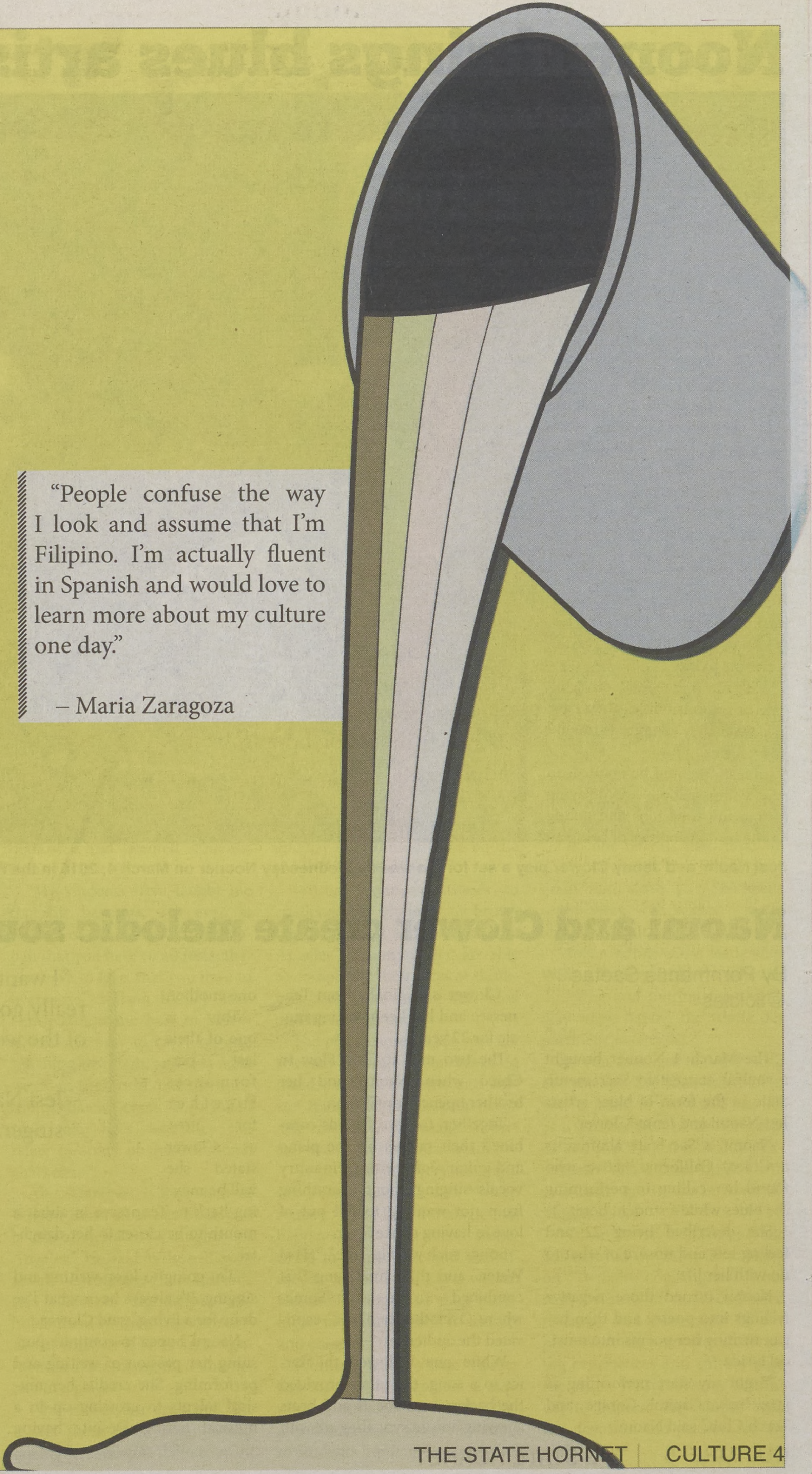
As open-minded as this generation is about learning more about those that come from different cultures as their own, there are the older generations who disagree.

"The Russians here can be too proud and close themselves in from other people," said Peter Kovalchuk, a Ukrainian student originally from Moldova. "I consider myself more American; I've been here 16 years."

Kovalchuk explains that he considers himself an American because he has come to embrace the different cultures that America has to offer.

"The most positive thing is you can take the good from each culture and learn something from each one," said Kovalchuk. "Each generation is its own culture."

> "People confuse the way I look and assume that I'm Filipino. I'm actually fluent in Spanish and would love to learn more about my culture one day."
>
> – Maria Zaragoza



ART BY ANTHONY NATHAN - STATE HORNET

Nooner brings blues artists to Sac State

AMY JO GARLIT - THE STATE HORNET

Jesi Naomi and Jenny Clower play a set for the weekly Wednesday Nooner on March 4, 2015 in the Redwood Room. Their set included blues originals and covers.

Naomi and Clower create melodic sounds for listening ears

By Pornmanus Saetae
@iicicles

The March 4 Nooner brought a soulful concert to Sacramento State in the form of blues artists Jesi Naomi and Jenny Clower.

Naomi, a Sac State alumna, is a Chico, California native who found her calling in performing the blues while a student here.

She described being 22 and feeling low and unsure of what to do with her life.

Naomi turned those negative feelings into poetry and then began turning her poems into musical lyrics.

"I got my start performing at jazz bars, Capitol Garage and Torch Club," said Naomi.

Clower is originally from Tennessee and has been writing music for 22 years.

The two met at Cafe Flow in Chico when Naomi and her brother opened for Clower.

Together, the two friends combined their talents on the piano and guitar along with their sultry vocals singing about everything from not wanting to fall out of love to having dance fever.

Songs such as "Fig Tree," "Hard Water," and their final song that combined with the classic "Somewhere Over the Rainbow," captivated the audience.

While one bellowed the lyrics to a song, the other provided the background vocals and beats showing how in sync they are with one another.

This is one of their last performances together for now, as Clower stated she will be moving back to Tennessee in about a month to be closer to her daughter.

> "I want to keep practicing my instruments and my vocals, I really got into this from my passion of wanting to see more of the world."
>
> – Jesi Naomi,
> singer/songwriter

"I'm going to keep writing and singing, it's always been what I've done for a living," said Clower.

Naomi hopes to continue pursuing her passion of writing and performing. She credits her musical talents to growing up in a musical family. Despite having trouble reading notes, she has no problem learning how to play the piano and guitar by ear.

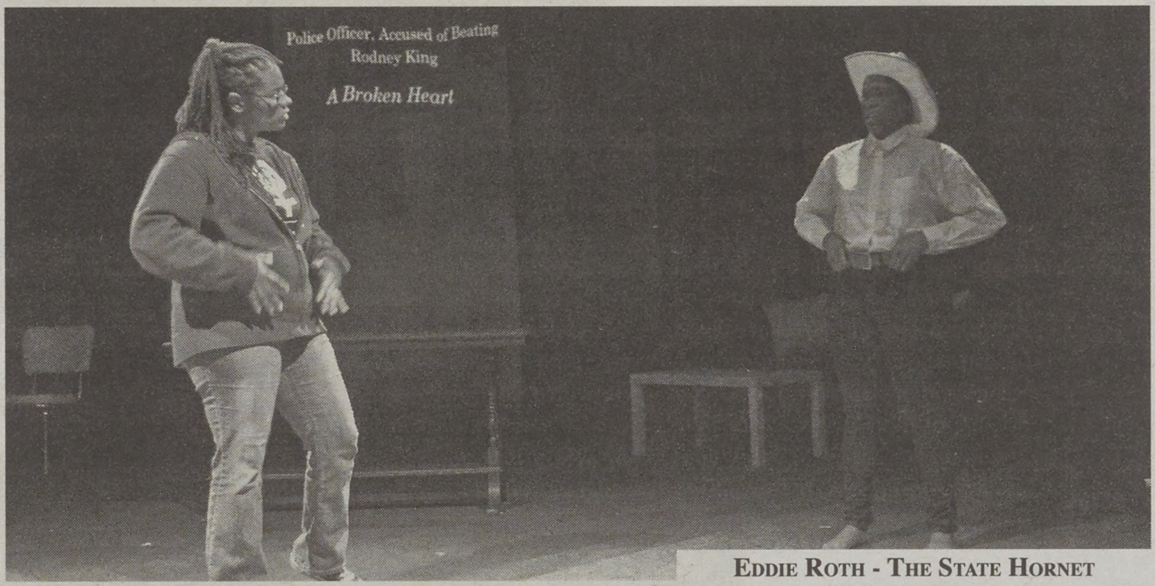
"I grew up listening to rock, soul, jazz and artists like Muddy Waters and Billy Holiday," said Naomi, when describing why the blues became the genre she pursued. "I had vocal surgery in 2009 and couldn't talk so I spent my time just listening to all these music and I realized that blues was in everything."

Her main goal is to record and travel the world with her music.

"I want to keep practicing my instruments and my vocals, I really got into this from my passion of wanting to see more of the world," said Naomi. "I'm going to keep turning my poetry into songs for people."

Theater chair inspires students to act

By Monica Velez
@monicavelez21


Police Officer, Accused of Beating
Rodney King
A Broken Heart

Eddie Roth - The State Hornet

Melinda Wilson Ramey, chair of the Theater and Dance Department, runs through one of the final rehearsals for the upcoming play “Twlight: Los Angeles”, opening on Wednesday March 11, 2015.

True passion is when somebody’s language and persona can radiate energy into a room, conversation or an audience.

Melinda Wilson Ramey, chair of the Theater and Dance Department at Sacramento State, is able to do exactly that while transforming her visions onto a stage through the art of theater.

Wilson Ramey started working at Sac State in 2005 and has since directed various plays on campus, including the up-and-coming play “Twilight: Los Angeles,” premiering March 11 in the playwright theater in Shasta Hall.

“When I applied for this job it was my dream job, it was theater; they were looking specifically for an African-American theater specialist at the time, someone who could teach the classes I teach and direct a main stage production every year about black experiences,” said Wilson Ramey.

Wilson Ramey landed in the world of theater by chance; accidentally getting put in a theater art class when she was in middle school. She continued to involve herself in the craft and eventually received a masters and doctorate in theater from Northwestern University.

Through her African-American Studies Bachelor of Arts degree from Vanderbilt University, Wilson Ramey is able to intertwine black experiences with theater. Through directing plays and being the faculty adviser of Sons/Ancestor Players- a student performance company dedicated to expanding black experiences- Wilson Ramey is able to put on the type of plays she most enjoys.

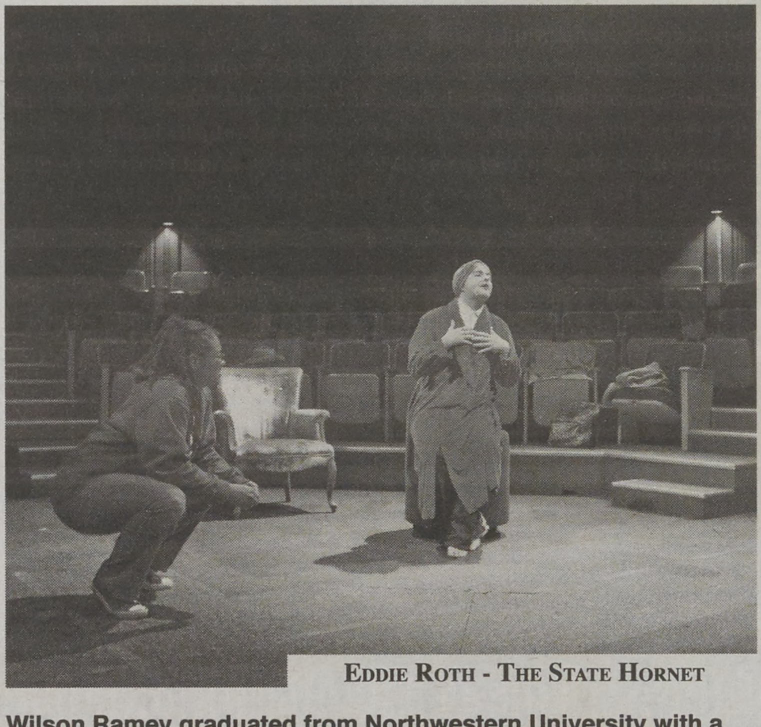
“Plays that are about African-American experiences with a multi-cultural cast,” Wilson Ramey said. “And also, plays that are not traditional; I do a lot of post modern work.”

Rachel Mogan is the stage manager for “Twilight: Los Angeles,” and during the past six weeks has been working with Wilson Ramey on and off stage six days a week.

“Working under her makes me want to work my best,” said Mogan. “Every day is just a learning experience for this show […] and her patience for everyone and just this whole process is nice.”

Although Wilson Ramey began her career in theater by acting, she self identifies as a director and tries to stay away from acting.

“I do dabble in acting and try to keep acting, so that I can appreciate what my cast members experience and what they go through preparing a show but it takes a lot to commit to that and explore that world,” Wilson Ramey said.



Eddie Roth - The State Hornet

Wilson Ramey graduated from Northwestern University with a master’s and doctorate in theater.

Wilson Ramey continually expresses her gratitude for what she finds most enjoyable about working in the department, her dedicated and talented students, faculty and staff.

“My students have taught me that life happens, that even at the age of 18, 19, 20 things happen that you have to address, that you have to face, that you have to overcome,” Wilson Ramey said. “They taught me how to be resilient and how to carry on and see things through, and that what we do in the world of theater, the things that we create is so much truly their lives, and they can relate to some of these fictional characters.”

Alex Martinez is a student of Wilson Ramey’s at Sac State and is also an actor in “Twilight: Los Angeles.” He said Wilson Ramey always encourages her students and actors to dig deeper, and holds them to their highest standards; whether it be in an assignment or researching their characters in a play.

“She makes her students, like makes them think about working harder, and gets them to work harder and I love that,” Martinez said.

Martinez also said Wilson Ramey stresses the importance of punctuality and professionalism, and likes how specific she is about what she wants from her actors and students.

“Although she is specific and professional, she will turn around and say the funniest thing on the planet,” said Martinez.

Wilson Ramey continues to challenge her students by bringing plays, such as “Twilight: Los Angeles” to campus that are able to complicate their ways of thinking, push them to the next level and hone their craft.

The plays chosen each year are selected having the audience in mind, Sac State students, and Wilson Ramey hopes the audience is able to soak in the magic of theater and what it says about life.

“It [theater] is a very long and rewarding process,” said Wilson Ramey. “I just love the magic that happens, and we created something in a spectacle and the audience responds to it and we can feel their energy and their pushing us to go further and to educate and entertain them.”

Working with Wilson Ramey has inspired and created a supporting atmosphere for the theater department, always listening to students input and taking their ideas into consideration.

Martinez appreciates how consistently supportive Wilson Ramey is of her students and cast, while being honest and preparing them for what they will encounter in the “real world.”

“If she feels like you aren’t giving it your all she’ll let you know, and we need that,” Martinez said. “If no one tells us that, then we just go through this whole program blind sided. […] She keeps us in-check with reality, I really love that about her.”

Mogan admires the leadership Wilson Ramey is able to take on, directing and putting together a play while having the whole department to oversee.

“If you ever get to work with her you will definitely learn a lot, you’re going to grow as a person as a professional in this, I guess career, and it’s just a learning experience that I don’t think I will ever really get in the real world,” Mogan said.

Wilson Ramey said the part she has enjoyed the most in working on “Twilight: Los Angeles” is her cast, because of their dedicated research and ownership of the play. With ten years of transforming experiences and culture onto the stage, Wilson Ramey continues to impress the campus with her devotion and passion for the craft.

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